

Pre-recorded messages on a variety of topics related to child care, health, and development are available 24 hours a day. Call the Warmline and speak with an operator if you would like a complete list of the 1,500 topics available.

How to Use Warmline, Step by Step

1. Dial 1-888-574-5437.

The Warmline is now “Voice Activated”. You can choose to speak your responses or you can continue to use your keypad on your phone.

2. Follow the prompts to select your language preference. You can say or press “1” to listen to a topic 24 hours a day. You can say or press “2” to speak to a consultant Monday through Friday 8 am to 5 p.m.

3. To listen to a topic, enter the topic number on your keypad. Or you can speak “keywords” and follow the menu prompts to get to the topic you desire. For example, say “TANTRUMS” to pull up topics that include information on temper tantrums.

4. Follow the prompts to navigate through the topic:

- To end the topic at any time during play, say “SKIP”, or press “1”.
- To repeat topic from the beginning, say “REPEAT” or press “2”.
- To transfer to a consultant at any time, say “TRANSFER” or press the star (*) key.

Tips and Tricks

1. Want to skip the introduction and get directly to a consultant? Say “TRANSFER” or press the Star (*) Key at any time and your call will be forwarded to a consultant.

2. Don’t get through immediately to a consultant? Leave a message, and a consultant will return your call as soon as possible. If it is after 5 p.m. or on the weekend, your call will be returned on the next business day.

3. Difficulties with the “keyword” system to get to a topic? Try entering the topic number in the brochure(s) or request a “MASTER LIST” of topics to see everything that is available by saying “TRANSFER” or pressing the Star (*) Key and request the list from a consultant.

The information provided is available to educate child care professionals about health topics. It does not replace licensing requirements or the information provided by a health care provider.

The Warmline for Oklahoma Child Care providers offers free telephone consultations to child care providers on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities.

A consultant can help:

- Clarify a problem.
- Provide information, including printed materials, if available.
- Help generate ideas and solutions.
- Offer guidance on developmentally appropriate practices.
- Provide referrals to meet individual needs and requests.
- Direct providers to relevant resources to assist with a concern.
- Provide follow-up when needed.

Consultants answer the Warmline Monday through Friday from 8 a.m. until 5 p.m. Messages left after hours will be answered as soon as a consultant is available. Pre-recorded topics can be accessed anytime.

OKDHS Pub. No. 05-03a

Revised 8/2009

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Child Care Warmline

888-574-5437

Health Topics



See our other brochures for these topics.

- Behavior and Development Topics
- Care and Safety Topics



Child Care Warmline 1-888-574-5437

Symptoms of Illness

5050 Abdominal Pain
 3406 Concussion
 4008 Constipation
 4809 Cough
 4910 Dehydration
 4010 Diarrhea
 5054 Dizziness & Vertigo
 3963 Ears: Earache
 3953 Ears: Earwax
 3957 Ears: Ruptured Eardrum
 5056 Fatigue
 5057 Fever
 3418 Headaches: Migraine
 3427 Headaches: Sinus
 4021 Heartburn
 1314 Heat Exhaustion or Heat Stroke?
 4029 Indigestion
 5060 Insomnia
 5063 Lymph Nodes: Enlarged
 5065 Nausea & Vomiting
 3956 Nosebleed or Epistaxis
 3629 Heart Palpitations
 5072 Ears: Tinnitus (Ringing in the Ear)
 3958 Sinusitis
 4035 Rectal Bleeding
 5071 Swallowing Difficulty or Dysphagia
 3628 Heart Murmur
 4861 Itching
 4416 Hiccups
 3959 Sore Throat
 3436 Headaches: Migraine in Children
 3432 Headaches: Tension
 3426 Seizures

Common Childhood Health Issues/ Infectious Diseases

3100 Allergies
 4402 Anemia
 4041 Antibiotic Associated Diarrhea
 4552 Antibiotic Resistent Infections
 4801 Asthma
 3706 Bedwetting in Children
 4543 Bird Flu or Avian Influenza A HSN1
 4544 Cat Scratch Disease
 4545 Chicken Pox

4505 Cold Sores or Fever Blisters
 4506 Common Cold
 3759 Cradle Cap
 3714 Croup
 4507 Dengue Fever & Dengue Hemorrhagic Fever
 4920 E. Coli Infection
 3950 Ears: Middle Ear Infection or Otitis Media
 3951 Ears: Outer Ear Infection or Otitis Externa
 3108 Eczema or Atopic Dermatitis
 4209 Eye Allergy or Allergic Conjunctivitis
 4508 Fifth Disease
 4522 Flu or Influenza
 4547 Giardiasis
 4513 Group A Strep Invasive Diseases
 4514 Hand-Foot-And-Mouth Disease
 3110 Hay Fever or Seasonal Allergic Rhinitis
 4024 Hepatitis A
 4025 Hepatitis B
 4026 Hepatitis C
 4515 Herpes Encephalitis
 4516 HIV Infection & AIDS
 3111 Hives
 4663 Immunization Schedule for Children
 4860 Impetigo
 4521 Infectious Mononucleosis
 3731 Jaundice in Newborns
 4523 Legionnaires' Disease
 4524 Lice
 4525 Lyme Disease
 4550 Measles
 3705 Meningitis: Bacterial Meningitis in Children
 3785 Meningitis: Viral Meningitis in Children
 1320 Milk Related Iron Deficiency Anemia in Children
 4551 Mumps
 3644 Pericarditis
 4218 Pinkeye
 4526 Pinworms
 4811 Pneumonia
 3106 Rashes: Contact Dermatitis
 3718 Rashes: Diaper
 3759 Rashes: In Infants

3112 Rashes: Poison Ivy, Oak, & Sumac
 3794 Respiratory Syncytial Virus (RSV)
 4527 Rheumatic Fever
 4528 Ringworm
 4529 Roseola in Children
 1321 Rotavirus
 4530 Rubella or German Measles
 4509 Salmonellosis
 4531 Scabies
 4534 Shingles or Herpes Zoster
 4870 Skin or Soft Tissue Abscess
 3770 Spitting Up in Infants
 4037 Stomach Flu or Viral Gastroenteritis
 3960 Strep Throat
 3774 Teething
 4538 Tetanus
 3858 Thrush
 4540 Tuberculosis or TB
 3713 Viral Infections in Children
 4873 Warts
 4542 West Nile Virus
 3787 Whooping Cough
 5297 Yeast Infection or Candidiasis

Special Health Care Needs

4822 Asthma & How to Use Inhalers
 4823 Asthma & How to Use Inhalers with Spacers
 3701 Asthma in Children
 3312 Attention Deficit Disorder: Children
 3704 Autism
 3377 Autism Spectrum Disorders
 4305 Cerebral Palsy
 3711 Childhood Cancers
 4310 Cystic Fibrosis
 3905 Diabetes: Type 1
 3782 Diabetes: Type 1 in Children
 3906 Diabetes: Type 2
 4314 Down Syndrome
 3720 Dyslexia
 3410 Epilepsy
 3724 Fetal Alcohol Syndrome
 3727 Hearing Loss in Children
 3738 Muscular Dystrophy
 3760 Reye's Syndrome
 3781 Tourette's Syndrome